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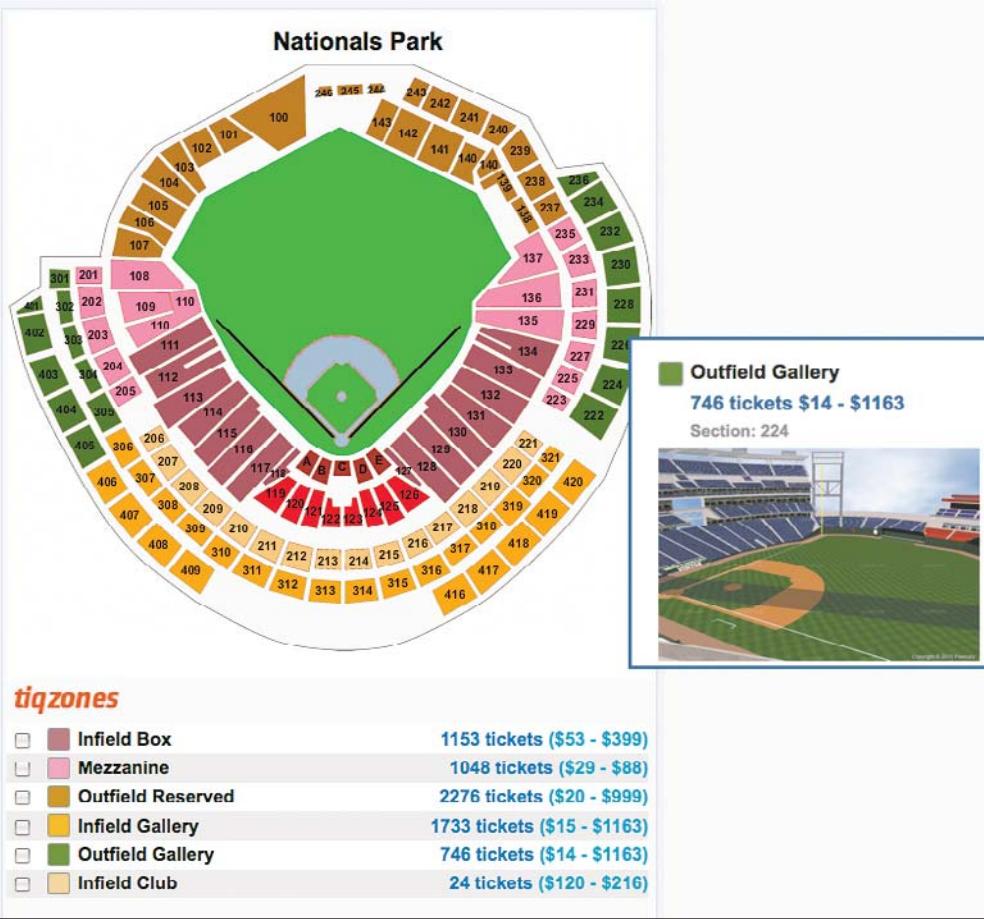
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\$110
Base Price 20% below market price face price not available

Good Deal

TiqIQ Statistics

100% Center 0.3% Weekly Change
TiqZone Avg. Market Price History

This Ticket Market Price Face Price

ticket listings

Zone	Section	Row	Qty	Price
112	E	1	1	\$121
112	H	2	1	\$123
110	D	4	1	\$125
112	P	2	1	\$132
121	F	2	1	\$135
110	U	4	1	\$136
112	G	4	1	\$138
100	F	2	1	\$140

Miami Heat @ Washington Wizards
Wednesday, Mar 30, 2011 - 7:00 PM | Other Wizards Games
Total Tickets 3134

Verizon Center - DC

All-In-Price Estimate: \$268
Base price: \$268 | Seller Service Fee: \$0 | Shipping from \$4

\$268
Base Price 43% below market price 64% below face price

Good Deal

TiqIQ Statistics

100% Center 0.7% Weekly Change
TiqZone Avg. Market Price History

This Ticket Market Price Face Price

ticket listings

Zone	Section	Row	Qty	Price
101	Q	2	1	\$268
111	T	2	1	\$275
101	Q	2	1	\$288
101	T	2	1	\$290
101	T	6	1	\$296
101	Q	2	1	\$296
112	N	2	1	\$298
101	T	6	1	\$307

Atlanta Braves @ Washington Nationals
Thursday, Mar 31, 2011 - 1:05 PM | Other Nationals Games
Total Tickets 6780

Nationals Park

All-In-Price Estimate: \$22
Base price: \$22 | Seller Service Fee: \$0 | Shipping from \$4

\$22
Base Price 46% below market price 3% above face price

Good Deal

TiqIQ Statistics

Outfield Reserved -0.3% Weekly Change
TiqZone Avg. Market Price History

This Ticket Market Price Face Price

ticket listings

Zone	Section	Row	Qty	Price
240	K	8	1	\$22
241	J	20	1	\$24
240	H	10	1	\$25
240	K	8	1	\$25
240	K	8	1	\$26
241	J	20	1	\$26
242	E	18	1	\$26
140	V	3	1	\$27

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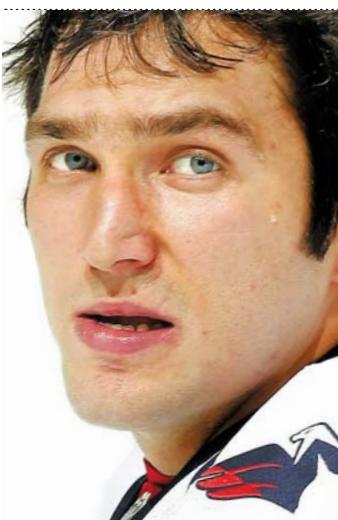
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Tuesday



PLAYOFF PICTURE

Ovechkin's injury
adds more drama to a
maddening March 13

TRANSFORMATION

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gives a disfigured man
an entirely new face 4

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ANJA NIEDRINGHAUS/AP

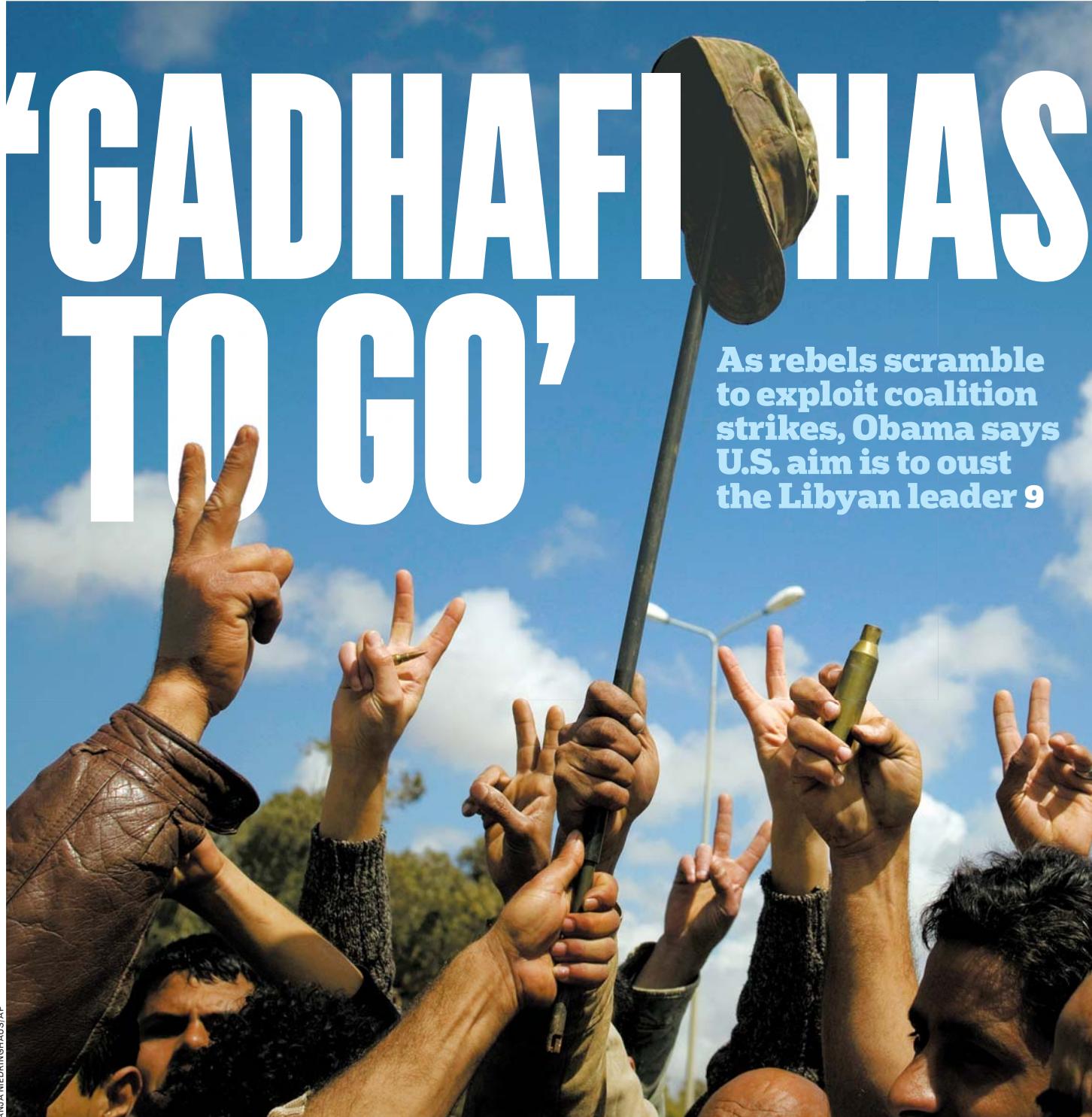
11:11

FOR EXTENDED FORECAST, SEE PAGE 35

MARCH 22, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

'GADHAFI HAS TO GO'

As rebels scramble to exploit coalition strikes, Obama says U.S. aim is to oust the Libyan leader 9



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ROAD TRIPS

'Well, So Much for the Beach. Who's Up for Some Looting?'

Drivers near the South Carolina-North Carolina state line were warned of some unusual road hazards Sunday. Electronic signs that normally flash messages about construction or accidents read "Zombies Ahead," "Watch for Hunters" and "Be Alert for Tanks." Hackers pulled similar pranks in 2009, using road signs to warn of zombies in Collinsville, Ill., and Austin, Texas. (AP)

"The camera was left lying on the floor, so half of the shot was grass, and people's heads were cut off."

— MARTIN SHUBROOK OF ESSEX, ENGLAND. HE AND HIS WIFE WON THEIR SUIT AGAINST A WEDDING VIDEOGRAPHER WHO GAVE THEM FOOTAGE OF, AMONG OTHER THINGS, SHOES, SHOULDERS AND PEOPLE NOT AT THE WEDDING.

SOCIAL NETWORKING

Man Blames Plight on Facebook Privacy Settings

A Muskegon, Mich., man faces a polygamy charge after the wife he left in Rhode Island saw wedding photos with another woman on Facebook. Richard Barton Jr. was arraigned Thursday and has a court date on March 31. The Grand Rapids Press says Barton married the other woman in July. He and the Rhode Island woman had discussed divorce but never acted on it. (AP)

The Big Picture



PAPIER-MÂCHÉ FIGURES were cast into bonfires Sunday to conclude the Fallas festival in Valencia, Spain. The weeklong annual celebration honors St. Joseph with fireworks and various processions. (AP)

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T-Mobile-AT&T Plan Stirs Debate

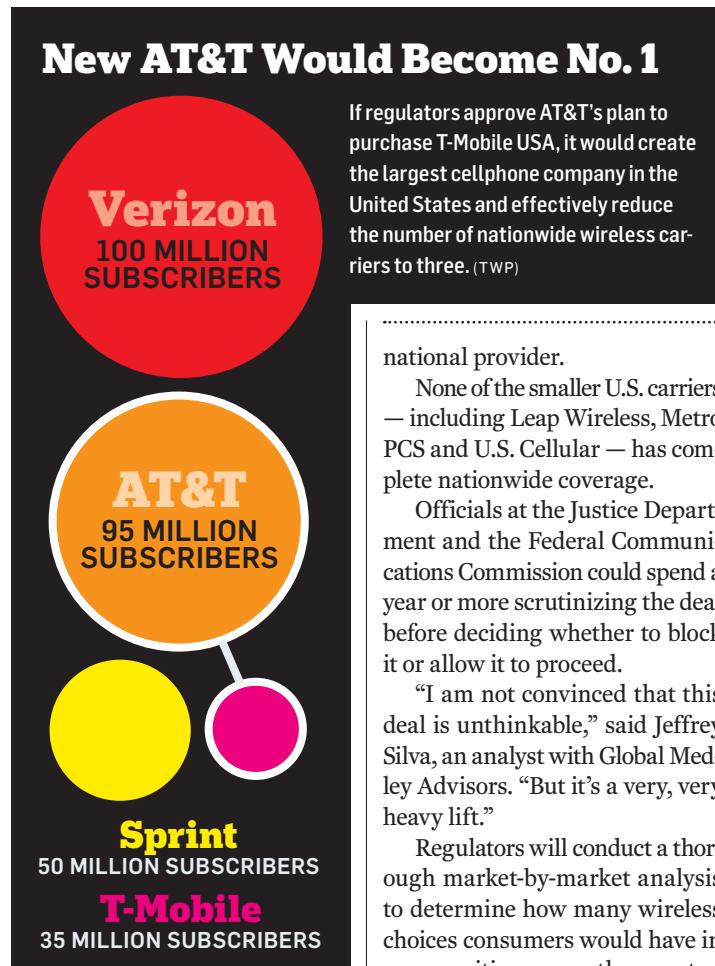
Wireless carrier deal raises concerns over fair prices for users

Washington

AT&T's surprise announcement that it plans to acquire T-Mobile USA will force federal regulators to confront a difficult antitrust question: Can American consumers get good wireless service at a fair price if they must choose between just two national companies?

That debate will be at the center of the government review of the \$39 billion cash-and-stock deal announced Sunday. If approved, the purchase would catapult AT&T past Verizon Wireless to become the nation's largest cellphone service provider.

The deal would combine AT&T Inc., the nation's second-largest wireless carrier, with T-Mobile USA, the fourth-largest, which is now owned by Germany's Deutsche Telekom AG. And it could pave the way for Verizon to go after Sprint Nextel Corp., which would be a distant No. 3 and the only remaining



If regulators approve AT&T's plan to purchase T-Mobile USA, it would create the largest cellphone company in the United States and effectively reduce the number of nationwide wireless carriers to three. (TWP)

national provider.

None of the smaller U.S. carriers — including Leap Wireless, Metro PCS and U.S. Cellular — has complete nationwide coverage.

Officials at the Justice Department and the Federal Communications Commission could spend a year or more scrutinizing the deal before deciding whether to block it or allow it to proceed.

"I am not convinced that this deal is unthinkable," said Jeffrey Silva, an analyst with Global Medley Advisors. "But it's a very, very heavy lift."

Regulators will conduct a thorough market-by-market analysis to determine how many wireless choices consumers would have in communities across the country.

Consumer Questions

Sorry, T-Mobile iPhone hopefuls.

Even though AT&T and T-Mobile have announced plans to merge, T-Mobile makes it sound like the iPhone isn't coming to the network anytime soon. "T-Mobile USA remains an independent company," the company said. "The acquisition is expected to be completed in approximately 12 months. We do not offer the iPhone." T-Mobile also assured customers nothing about their billing, rates or service would change. It will also honor all contracted plans entered into before the switch. (TWP)

And even if they allow the deal to go through, government officials would probably require the combined company to sell off assets in markets that are too concentrated.

The bigger question facing federal officials is whether the enormous cost of building a nationwide wireless network means that a market dominated by only two companies is the best they can hope for.

JOELLE TESSLER (AP)

In Brief

COLUMBIA, S.C.

S.C. Officials: Fatal Kids' Train Ride Opened Early

Officials say the children's train ride that crashed over the weekend, killing a 6-year-old boy, opened a week early to accommodate an early blast of spring weather. Spartanburg Parks Commission spokeswoman Nisha Patel said Monday that officials opted to open the nearly 60-year-old train March 19, a week ahead of schedule. (AP)

SAN ANTONIO

Police: Angry Taco Bell Customer Fires Air Gun

Police say a San Antonio Taco Bell customer enraged that the seven Beefy Crunch Burritos he ordered had gone up in price from 99 cents to \$1.49 fired an air gun at an employee and later fired an assault rifle at officers before barricading himself into a hotel room. Police officers used tear gas Sunday night to force the man from the hotel room. (AP)

Correction

A March 17 Local section item ("Man Gets Death Penalty for Bludgeoning Wife") incorrectly characterized the connection between convicted killer Mark E. Lawlor and his victim, Genevieve Orange. The victim lived in the apartment complex where Lawlor worked. They were unrelated.



We Can Be Heroes: Daniel Radcliffe looks forward to a world where young people grow up unaffected by differences in sexual orientation. Over the last few years, the "Harry Potter" star has been doing his part to make that a reality with his work with the Trevor Project, the leading organization for suicide prevention efforts among gay, lesbian, bisexual and transgendered youths. Radcliffe will be honored with the organization's Hero Award in June. (AP)

Spring Allergies?

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Nation

New Face for Texas Man

Boston hospital touts landmark transplant for injured worker

Boston

A Texas construction worker horribly disfigured in a power line accident has undergone the nation's first full face transplant in hopes of smiling again and feeling kisses from his 3-year-old daughter.

Dallas Wiens, 25, received a new nose, lips, skin, muscle and nerves from an unidentified dead person in an operation paid for by the U.S. military, which wants to use what is learned to help soldiers with severe facial wounds.

Wiens will not resemble "either what he used to be or the donor," but something in between, said plastic surgeon Dr. Bohdan Pomahac. "The tissues are really molded on a new person."

Pomahac led a team of more than 30 doctors, nurses and other staff at Brigham and Women's Hospital during the 15-hour operation last week. Wiens was listed in good condition on Monday.



Dr. Bohdan Pomahac, right, speaks during a news conference on Monday at Brigham and Women's Hospital in Boston regarding Dallas Wiens' face transplant.

Physical Limitations



Dallas Wiens' features were all but burned away and he was left blind after hitting a power line while painting a church in November 2008. The transplant was not able to restore his sight, and some nerves were so badly damaged that he will probably have only partial sensation on his left cheek and left forehead. (AP)

Wiens has been able to talk to his family on the phone, said his grandfather, Del Peterson, who attended the news conference Monday. After the accident, Wiens said "his choice was to get better," Peterson said.

The new federal health care law also helped Wiens by allowing him to get insurance coverage under his father's plan for the expensive drugs he will have to take for the rest of his life to prevent rejection of his new face. He will be covered until he turns 26 in May. (AP)



REGULATIONS

Car Seat Safety

Children should ride in rear-facing car seats longer, until they are 2 years old instead of 1, according to updated advice. The American Academy of Pediatrics and the National Highway Traffic Safety Administration say older children who've outgrown front-facing car seats should ride in booster seats until the lap-shoulder belt fits them. (AP)

Women Science Roles Up at MIT

Boston

The Massachusetts Institute of Technology has succeeded in boosting the number of women on its science and engineering faculties and in making the university a friendlier and more supportive place to work in the decade since a pair of scathing reports on the status of women at the school, yet more remains to be done, according to an internal report released Monday.

"I chaired the study 10 years ago for engineering, and if you had asked me then how much better I thought it could get for women faculty, I never would have thought that we would get this far in 10 years," Lorna Gibson, professor of

112

The number of women on the science and engineering faculties at MIT in 2011, up from 46 in 1995. More women are also serving in senior administrative positions. (AP)

materials science and engineering and chair of the School of Engineering study, said in a statement.

Two reports released in 1999 and 2002 found MIT to be an often unwelcoming place for women. Women in those surveys showed concern about being marginalized, left out of the decision-making processes within their departments, and, in some cases, discriminated against. (AP)

Nation

Pawlenty Steps Toward '12 Presidential Run

St. Paul, Minn.

Tim Pawlenty, the former Minnesota governor largely unknown outside his home state, on Monday became the first major Republican presidential candidate in a slow-to-gel GOP field, launching an exploratory committee for the 2012 race.

In a Hollywood-style Web video designed to appeal to tea partiers and establishment Republicans alike, Pawlenty urged GOP backers

to join him to "take back our government. This is our country."

"Today, I'm announcing the formation of an exploratory committee to run for president of the United States," Pawlenty said.

Pawlenty The move almost certainly will lead to a full-blown candidacy for the Republican nomination.



Pawlenty is taking the most concrete steps toward a White House run, raising money and announcing he will file paperwork with the Federal Election Commission. Earlier in the day, he told allies he would base a presidential campaign in Minnesota.

Even so, he remains an unknown in a field that lacks a front-runner. A Washington Post-ABC News poll conducted earlier this month found roughly six in 10

voters had no opinion of him.

In the video, Pawlenty played up his humble roots and the challenges facing the country: "At a young age, I saw up close the face of challenge, the face of hardship and the face of job loss. Over the last year I've traveled to nearly every state ... and I know many Americans are feeling that way today. I know that feeling. I lived it," Pawlenty said. "But there is a brighter future for America." (AP)

MILESTONE

An Honor for Oprah



The Illinois Broadcasters Association says talk show host Oprah Winfrey will be the latest nationally prominent Chicago-area broadcaster joining its hall of fame. The group announced Monday that Winfrey will be inducted May 3. Association president and CEO Dennis Lyle called Winfrey "the epitome of broadcasting excellence." (AP)

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World



On Monday, soldiers pick through debris-strewn Onagawa, Japan, hunting for possible survivors. At right, a father and son survey the tsunami-ravaged city of Kesennuma.

Amid Crisis, Yearnings for Home

Temporary housing marks the start of Japan's long recovery

Rikuzentakata, Japan

Yukiko Yamaguchi wants to go home.

But like the more-than 400,000 others in shelters since the tsunami on March 11, the 73-year-old has no idea when she will. Rebuilding Japan's northeast coast is expected to take years, a monumental effort not even close to beginning.

Instead, another phase is slowly getting off the ground: the construction of temporary homes.

"We're anxious to leave here," Yamaguchi said, sitting with her husband in the school gym that has been their home since the town of Rikuzentakata was flattened.

Scramble for Nuclear Containment

Officials raced Monday to restore power to Japan's leaking nuclear plant in an effort to restore the system that helps cool the overheated reactor cores. Ideally, officials believe it should take one day to get Fukushima Dai-ichi under control once the cooling system is running. In reality, the effort is likely to take weeks. Since the earthquake and tsunami on March 11, the plant has been volatile. Smoke rose from two reactor units Monday, prompting workers to evacuate, though officials said radiation levels remained steady. In another setback, officials said Monday that some key pumps at Unit 2 must be replaced. (AP)

Workers outside the school on Monday screwed in the roof of one of the first temporary homes, a metal-sided box on wooden stilts.

The house is one of 135 that will be built at the school by the Iwate provincial government and one of thousands that will go up across Rikuzentakata's hilly outskirts.

"The question everybody is asking is, 'When can we go home?'" Yamaguchi said. "We want to

\$235B

The damage in Japan caused on March 11, the World Bank said Monday. It may take the country five years to rebuild, the bank said. (AP)

know how they plan to rebuild this town."

There is no answer so far. Debris removal must be complet-

ed, and workers are still finding bodies. Japanese authorities say more than 8,600 people are confirmed dead and 13,200 are missing. In Rikuzentakata, bulldozers on Monday began demolishing uninhabitable homes.

"It's all so hard to believe," said Tsutomu Nakai, 61, who runs the shelter where Yamaguchi and nearly 1,000 others are staying.

Nakai said he would rebuild, though he was unsure how.

"I was born here. I will spend the rest of my life trying to rebuild this place," he said.

Kadzuhiko Kimuri, a resident of Onagawa, said some towns would never be the same.

"I think most people will never come back — especially not the young generation," he said. "There weren't many jobs here for them, and now there are none." (AP)

In Brief

ROME

Pelosi Resumes Talks After Brief Hospital Stay



House Democratic leader Nancy Pelosi, 70, was briefly hospitalized in Rome early Monday after feeling unwell but by afternoon had resumed her schedule, a spokesman said. Pelosi skipped morning talks with Italian officials, the ANSA news agency reported. (AP)

BRAZZAVILLE, REPUBLIC OF CONGO

Plane Crash in Suburb Leaves at Least 16 Dead

At least 16 people were killed when a cargo plane crashed Monday into a densely populated Republic of Congo neighborhood, according to witnesses and a cameraman who captured the plane's fall on video. The Antonov 32, owned by private company Trans Air Congo, crashed in the Mvoumou area of Pointe-Noire, the country's economic capital. (AP)

2M

The approximate number of child pornography pictures that police in Bosnia seized in the weekend arrest of a 46-year-old man suspected of involvement in an online child pornography ring, Bosnian officials said Monday. Police also seized about 7,000 video clips. (AP)

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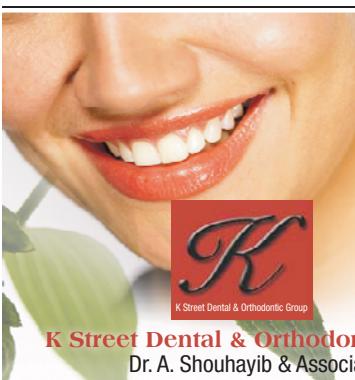
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World

Tanks Face Off in Yemeni Capital

Defections continue to erode support for embattled president

Sana'a, Yemen

Rival tanks deployed in the streets of Yemen's capital Monday after three senior army commanders defected to a movement calling for the ouster of the U.S.-backed president, radically depleting his support among the country's most powerful institutions.

Maj. Gen. Ali Mohsen al-Ahmar, commander of the army's powerful 1st Armored Division, announced his defection in a message deliv-

ered to protest leaders at the square in Sana'a that has become the epicenter of their movement.

Some of the division's tanks and armored vehicles then deployed in the square, which protesters have occupied for more than a month to call for the resignation of President Ali Abdullah Saleh after 32 years in power. An increasingly violent crackdown on the protests escalated Friday, when Saleh's forces killed more than 40 in an assault that caused much of his remaining power base to splinter.

Al-Ahmar also sent tanks to the state television building, the Central Bank and the Defense Ministry.

Meanwhile ...

Syrians held a defiant march

Monday after a deadly crackdown failed to quash three days of protests in a southern city—a rarity in a country that brutally stifles dissent. Unrest in Daraa started Friday after security troops killed five protesters. Two more died over the next two days. Officials sealed the city but were letting people to leave as thousands set fire to government buildings. (AP)

Still, Saleh, who has cooperated with a U.S.-backed offensive against al-Qaeda, appeared to retain the backing of at least some

of Yemen's military.

Defense Minister Mohammed Nasser Ahmed said on television that the armed forces remain loyal to the president.

A senior opposition leader said contacts were under way with the president over a peaceful way out of the ongoing crisis.

Saleh fired his entire Cabinet on Sunday ahead of what one government official said was a planned mass resignation.

Yemen's ambassadors to Jordan and Syria, and its parliament's deputy speaker also announced Monday they backed the opposition, further undermining Saleh's authority. (AP)

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World

Hope Fades at Mine in Pakistan

Sorange, Pakistan

Rescuers used shovels and bare hands Monday to dig out miners buried after a gas explosion deep in a coal mine in northwestern Pakistan, lining up caskets to await the bodies from an accident that left 52 feared dead.

More than 200 people stood outside the mine waiting to help or hear news. Since Sunday's accident, only bodies — 27 of them — have been recovered.

Officials said the mine, owned by the state-run Pakistan Mineral Development Corporation, was declared dangerous two weeks ago due to the presence of methane gas, but the warning was ignored.



ARSHAD BUTT/AP

Workers in Sorange, Pakistan, remove a body from a damaged mine Monday.

“There is zero percent chance we can get anybody alive.”

— IFTIKHAR AHMED, A MINING INSPECTOR IN PAKISTAN, ON MONDAY DISCUSSING THE RECOVERY EFFORTS AFTER A MINE EXPLODED ON SUNDAY IN SORANGE.

machinery, officials said.

The mine is located in Sorange in Baluchistan province, 25 miles east of the provincial capital, Quetta.

Mining — for gems, marble, granite, chromite and coal — is one of the only industries in much of northwestern Pakistan. Accidents are commonplace. (AP)

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Disarray in the Trenches

Confusion among Libyan rebels could result in a stalemate with Gadhafi's forces

Zwitina, Libya

Libya's rebels scrambled to try to exploit international strikes on Moammar Gadhafi's forces and go on the offensive, as some of the opposition's ragtag citizen-fighters charged ahead to fight troops besieging a rebel city Monday. But the rebellion's more organized military units were still not ready, and the opposition disarray underscored U.S. warnings that a long stalemate could emerge.

The air campaign by U.S. and European militaries has unquestionably rearranged the map in Libya and rescued rebels from the immediate threat they faced only days ago of being crushed under a powerful advance by Gadhafi's forces. The first round of airstrikes smashed a column of regime tanks that had been moving on the rebel capital of Benghazi in the east.

On Monday night, Libyan state TV said a new round of strikes had begun in the capital, Tripoli, marking the third night of bombardment. But while the airstrikes can stop Gadhafi's troops from attacking rebel cities — in line with the U.N. mandate to protect civilians — the United States, at least, appeared deeply reluctant to go beyond that toward actively helping the rebel cause to oust the Libyan leader.

President Obama said Monday that "it is U.S. policy that Gadhafi has to go." But, he said, the international air campaign has a more limited goal: to protect civilians.

In Washington, the American general running the assault said there is no attempt to provide air cover for rebel operations. Gen. Carter Ham said Gadhafi might cling to power once the bombardment finishes, setting up a stalemate between his side and the rebels, with allied nations enforcing a



U.S. Set to Step Back

While insisting that the U.S. favors the ouster of Libyan leader Moammar Gadhafi, President Obama said on Monday the U.S. would transfer leadership of the military operation to other, unnamed participants within a "matter of days, not weeks." (AP)

Reporters Released

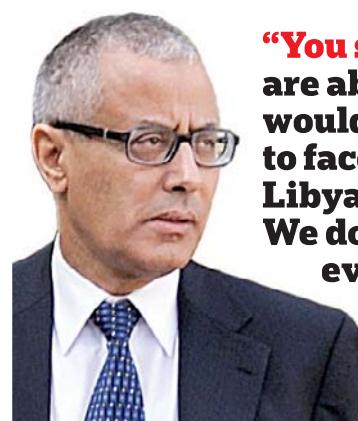
Reporter Anthony Shadid; photographers Tyler Hicks and Lynsey Addario; and videographer Stephen Farrell, the four New York Times journalists who were held captive in Libya for six days, were freed Monday and crossed the border into Tunisia. (AP)

Test of Wills

So far, allied bombardment has concentrated on knocking out Libyan air defenses, but a significant test of international intentions will be whether the strikes by ship-fired cruise missiles and warplanes will try to break the sieges of Ajdabiya and Misrata by targeting pro-Gadhafi troops surrounding them. (AP)



Libyan rebels duck for cover behind a sand dune during a failed attempt to take the town of Ajdabiya from Gadhafi's forces on Monday.



"You see, Gadhafi himself, we are able to target him, and we would like to have him alive to face the international or the Libyan court for his crime. ... We don't like to kill anybody ... even Gadhafi himself."

— ALI ZEIDAN, AN ENVOY TO EUROPE FROM THE OPPOSITION-CREATED GOVERNING COUNCIL IN LIBYA, SAYING THE WARRING REBELS PREFER TO HAVE GADHAFI FACE CHARGES.

no-fly zone to ensure he cannot attack civilians.

Henri Guaino, a top adviser to the French president, said the allied effort would last "awhile yet."

Among the rebels, too, there was a realization that fighting could be drawn out. Mohammed Abdul-Mullah, a 38-year-old civil engineer from Benghazi who was fighting with the rebel force, said government troops stopped all resistance after the international campaign began.

"The balance has changed a lot," he said. "But pro-Gadhafi forces are still strong. They are a professional military, and they have good equipment. Ninety percent of us rebels are civilians, while Gadhafi's people are professional fighters."

Disorganization among the rebels could also hamper their attempts to exploit the turn of events. Since the uprising began, the opposition has been made up of disparate groups even as it took control of the entire east

of the country.

Regular citizens — residents of the "liberated" areas — took up arms and formed a ragtag, highly enthusiastic but highly undisciplined force that in the past weeks has charged ahead to fight Gadhafi forces, only to be beaten back by superior firepower. Regular army units that joined the rebellion have proved stronger, more organized fighters, but only a few units have joined the battles while many have stayed behind as officers struggle to get together often antiquated, limited equipment and form a coordinated force.

Meanwhile, a "political leadership" has formed, made up of former members of Gadhafi's regime who defected along with prominent local figures in the east, such as lawyers and doctors. The impromptu nature of their leadership has left some in the West — particularly in the United States — unclear about who the rebels are that the international campaign is protecting. RYAN LUCAS (AP)



Metro to Lure Bike-to-Rail Riders

System hopes initiative will quintuple cyclists who park at stations

Commuting

With packs on their backs, reflective neon straps around their ankles and sometimes even headlamps, they are the proud few who brave traffic, rainstorms and thieves to bicycle to Metrorail stations.

Bike-to-rail commuters represent 0.7 percent of Metrorail riders — compared with about 40 percent who drive, 33 percent who walk and 22 percent who take the bus to stations.

But Metro's long-range planners, desperate to avoid having to build 30,000 to 40,000 expensive parking spaces at stations to meet the projected surge in ridership over the next 20 years, have launched an initiative to quintuple the number of cyclists.

"It's very much strategic for us to put a really big focus on bicycle parking," said Kristin Haldeman, Metro's manager of access planning. Parking spaces cost on average \$25,000 each, compared with \$1,000 per space for a secured bike cage. "It's an extremely expensive proposition for us" to expand car parking, she said.

More than 90 cyclists park and



Mike Vanderven, a bike-to-rail commuter, preps to ride home from the Vienna stop.

ride each weekday morning at East Falls Church, which has the highest number of bike-to-rail commuters of Metro's 86 rail stations.

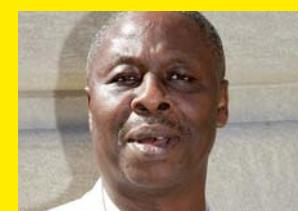
The Medical Center station in Bethesda attracts the most bike rid-

ers in Maryland and is the top station in the transit system in the percentage of peak-period riders who cycle to the station — 7.1 percent.

In the District, the Woodley Park-Zoo/Adams Morgan station is the most popular with cyclists, drawing 61 during weekday morning peak periods.

Metro has 1,700 free racks, which can hold two bicycles each, and 1,270 key-operated lockers that rent for \$200 a year. New racks are planned for high-ridership stations such as East Falls Church, Vienna, Braddock Road, Bethesda, Silver Spring, West Hyattsville and Columbia Heights. ANN SCOTT TYSOON (THE WASHINGTON POST)

METRO PULSE



How should The Washington Post refer to the Redskins?

"Why don't we call them the Washington Nomads? They come here as superstars and then they don't play well."

Roy Johnson

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Offer not good for league or tournament play and cannot be combined with other offers. Offer subject to change at any time.

Local

A Cover-Up in 90 Minutes

Md. prosecutor says Lululemon suspect plotted in victim's car

Bethesda, Md.

For 90 minutes, authorities say, Brittany Norwood sat inside her victim's parked car, concocting a plan to cover up the horrendous crime scene she had just created inside a nearby yoga store.

Her colleague, Jayna Murray, lay dead, killed by items that Norwood allegedly retrieved from a tool box inside Bethesda's Lululemon Athletica shop. There was a ligature around Murray's neck. There was blood everywhere. People would know the two had worked together that night.

The plan that Norwood formed — as detailed in an open court Monday by Montgomery County's top prosecutor — involved planted evidence, phony injuries and a "pathological" series fabrications told by the hundreds.

"Her cunning and her ability to lie is almost unparalleled," John McCarthy told District Judge Gary Everngam, arguing that Norwood,



Montgomery County Police Chief J. Thomas Manger speaks about the Lululemon case.

"Her cunning and her ability to lie is almost unparalleled."

— JOHN McCARTHY, STATE'S ATTORNEY

28, should be held in jail without bail until her trial.

McCarthy said the assault erupted inside the store the night of March 11 a short time after Murray had discovered stolen store merchandise inside Norwood's bag.

Norwood attacked Murray for

as long as 20 minutes and struck so many blows in the same exact spots that the total number of wounds is difficult to add up, the prosecutor added.

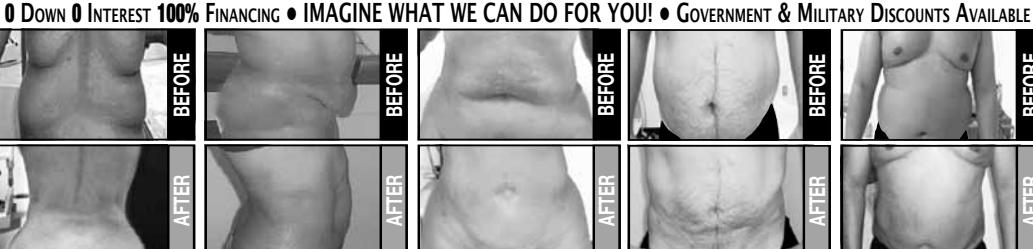
"The nature of this crime is shocking in terms of the level of violence," McCarthy told the judge. "The majority of the blows were directed at her head. Her skull was crushed during the attack."

Everngam agreed to hold Norwood without bond. No trial date has been set. DAN MORSE AND DANA HEDGPETH (THE WASHINGTON POST)

Power Play: D.C. Council member Mary Cheh is seeking subpoena power as part of her probe into Mayor Vincent Gray's hiring practices. Cheh chairs the Committee on Government Operations and the Environment, which is looking into allegations that Gray has engaged in cronyism and nepotism. Cheh has called witnesses who no longer work for the D.C. government and says that she may need subpoena power to compel them to appear. (AP)

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Local



SARAH L. VOISIN/WHITE HOUSE

Fight for Takoma Theatre
Pits Art Against Housing

Washington

In the dark, dank lobby of the shuttered Takoma Theatre, Milton McGinty ambled past moldy chairs and piles of paint flecks and pigeon feathers on the carpet.

"Birds do get in here," he said of the dilapidated D.C. building he owns near the Takoma Metro station. "The place is falling apart."

The Takoma is 88 years old. McGinty is 83. "And we're both in bad shape," he said with a laugh.

The ongoing Takoma Theatre saga is no comedy, though. It's an increasingly tense community drama about whether and how to save a landmark that has failed economically, with a plot that pits development against preservation.

McGinty, who wants to build apartments where the abandoned theater stands, stars opposite Loretta Neumann, who wants to save the old movie house and recast it as a nonprofit arts and culture center.

"It's an icon of the neighborhood and an important historical place," Neumann said.

\$325K

The amount McGinty bought the property for in 1983. He says the land is now worth \$3.4 million "without the theater."

She started the Takoma Theatre Conservancy in 2007 after learning of McGinty's proposal to raze the Takoma, which was built in 1923 and was among the first theaters in the region to show films with sound.

Neumann accused McGinty of "demolition by neglect."

The District has rejected all of McGinty's applications to raze the building, along with his appeals.

"It's not worth keeping up," McGinty said. "It's a piece of junk. I've had to abandon it." **J. FREEDOM DU LAC (THE WASHINGTON POST)**

The Lotteries

Monday, March 21

District

Mid-day Lucky Numbers	9-2-7
Evening Lucky Numbers (Sun.)	2-0-8
Mid-day DC 4	2-3-6-9
Evening DC 4 (Sun.)	7-8-5-0
Mid-day D.C. Five	9-6-2-0-7
Evening D.C. Five (Sun.)	6-4-3-7-5

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	5-7-7
Evening Pick 3 (Sun.)	1-9-5
Mid-day Pick 4	6-6-4-2
Evening Pick 4 (Sun.)	4-0-2-0
Match 5 (Sun.)	4-9-11-14-25 (36)

Virginia

Mid-day Pick 3	0-7-6
Evening Pick 3 (Sun.)	9-2-5
Mid-day Pick 4	0-4-6-5
Evening Pick 4 (Sun.)	6-7-2-6
Mid-day Cash 5 (Sun.)	2-3-16-20-24
Evening Cash 5 (Sun.)	3-8-10-27-29

March Madness, NHL Style

Upset that the NCAA Tournament won't resume until Thursday night? It's OK; the NHL has its own brand of March Madness that's worth following. With less than 10 games in the regular season, the playoff races are picking up, and the games are becoming do-or-die affairs for many clubs. **REED S. ALBERS**

Western Conference



Corey Perry's Ducks have 85 points so far.

1 **Vancouver**
103 POINTS

2 **Detroit**
94 POINTS

3 **San Jose**
92 POINTS

4 **Phoenix**
86 POINTS

5 **Chicago**
86 POINTS

6 **Los Angeles**
86 POINTS

7 **Nashville**
86 POINTS

8 **Anaheim**
85 POINTS

BUBBLE TEAMS:
Dallas (85 points),
Calgary (84 points)



Vancouver and Chicago may vie for the West's crown in the playoffs.

Wild West

With **VANCOUVER** likely to take the West's top seed and win the Presidents' Trophy, the only real race left is at the bottom of the playoff standings. Only two points separate the No. 4 seed from elimination with seven teams in the hunt. **DALLAS** and **CALGARY** are the odd men out at the moment, but a losing skid by any contender could change that. There's even a chance the defending Stanley Cup Champs, the **CHICAGO BLACKHAWKS**, could miss out on the playoffs.



Pacific Rising

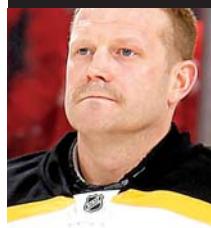
The Pacific Division has a chance to send all five of its teams to the playoffs. **SAN JOSE** and **PHOENIX** will likely compete for the division's top spot, but **DALLAS** is the only member of the division currently on the outside looking in. There's also a chance that only three Pacific teams make the playoffs — **LOS ANGELES** could falter and join Dallas as a near-miss.

Eastern Conference



Claude Giroux leads the Flyers against the Capitals on Tuesday in Philly.

STANDINGS



Tim Thomas and Boston sit in third place.

1 **Philadelphia**
96 POINTS

2 **Washington**
94 POINTS

3 **Boston**
88 POINTS

4 **Pittsburgh**
90 POINTS

5 **Tampa Bay**
89 POINTS

6 **Montreal**
87 POINTS

7 **N.Y. Rangers**
82 POINTS

8 **Buffalo**
79 POINTS

BUBBLE TEAMS:

Carolina (76 points),
Toronto (74 points),
New Jersey (72 points)



Ovie's Out

Capitals captain Alex Ovechkin won't travel to Philadelphia for Tuesday's game against the Flyers, the team announced Monday. Ovechkin will miss approximately seven to 10 days to rest an undisclosed injury.

Coach Bruce Boudreau wouldn't divulge much about what is ailing Ovechkin but said the star player would probably be forced to sit out even if it was a playoff game.

"He's had some nagging injuries for a while now that have bothered him," the coach said Monday. "So we thought this would be the best time to get completely healed up so by the time he starts playing again, he'll be 100 percent healthy." (THE WASHINGTON POST)

The Capitals' Race For No. 1

For a brief moment last week — roughly 15 minutes — the **WASHINGTON CAPITALS** stood atop the Eastern Conference after their 4-2 victory over the Montreal Canadiens. Just after the win, the **PHILADELPHIA FLYERS** finished off the **FLORIDA PANTHERS** 3-2 to regain the conference's No. 1 seed.

For close to a month, the Flyers appeared to be untouchable at the top of the conference. But with the resurgence of the Capitals, the spot is up for grabs. While Tuesday's match won't allow the Capitals to completely overtake the Flyers, the game will be of the "four point" variety and may help decide the No. 1 seed in the coming weeks.

The Last Two In

A flash glance at the last two spots in the Eastern Conference's playoff picture might look like a lost cause for any team ranked No. 9 to 11, but the **NEW YORK RANGERS** (82 points) and **BUFFALO SABRES** (79 points) have far from locked up the spots.

The **NEW JERSEY DEVILS**, riding a 7-3-0 record in their past 10 games, have resurrected their thought-to-be-dead season. **CAROLINA**, which has spent much of the season dancing between the No. 8 and No. 9 seeds, has faulted in its last 10 (4-5-1) but remains on the Sabres' heels.

Joining New Jersey in the long-shot category to make the playoffs are the **TORONTO MAPLE LEAFS**. At one point this season, the Maple Leafs were thought to be "competing" for a lottery pick, but eight wins in February and five wins in March have helped vault the Leafs near a playoff spot.

Sports

Swengali

Frustrating Times At Georgetown

Even before Georgetown's blow-out loss to Virginia Commonwealth was complete, one of my colleagues was on Facebook suggesting the Hoyas would be better off without coach John Thompson III.

The co-worker is a frustrated Georgetown fan — and for good reason. Last Friday's double-digit defeat was the second in two years to a double-digit seeded opponent in the NCAA Tournament's first

round. And it's the third-straight time the Hoyas were bounced by a team seeded 10 or higher. Clearly, it's been downhill since a trip to the Final Four.

But is the coach to blame for the recent failures? Yes, to a certain extent. But Hoyas fans should hearken back to the Craig Eshierick era to see how good they have it now.

Hoyas fans should hearken back to the Craig Eshierick era to see how good they have it now.

Thompson clearly bet incorrectly on locals Chris Wright and Austin Freeman, who didn't win an NCAA Tournament game without Roy Hibbert and Jonathan Wallace — holdovers from the Final Four run — by their side.

Still, upsets are a big part of March Madness. It's also worth noting that Stephen Curry was making his star turn in leading Davidson's Goliath-sized upset three years ago, and VCU seems to have found magic this year.

Being in the wrong spot at the wrong time doesn't hold up as an excuse, though. March is the measure of success in college basketball. And Thompson should know his honeymoon period is now over.

 To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Local Supremacy on the Line

Terps, Hoyas to clash in College Park with Sweet 16 spot at stake

Women's College Hoops

No disrespect to St. Francis (Pa.), of course, but the Maryland Terrapins were looking past their first-round opponent and still won easily.

It was too tempting to peek at the NCAA Tournament brackets and envision a second-round matchup that offered the opportunity to avenge one of its toughest losses and regain local supremacy in the process.

Fifth-seed Georgetown (23-10) held up its end, dumping Princeton on Sunday to set up Tuesday's matchup with fourth-seed Maryland (24-7) at College Park. The Hoyas defeated the Terrapins 53-45 in November at McDonough Arena for their first win in the nine meetings between the two programs. Georgetown won with a 10-0 run in the game's final 1:40.



Both the Maryland and Georgetown women won first-round games easily Sunday.

It was easily Maryland's lowest point total of the season and one of only three games in which the Terrapins scored fewer than 60 points.

"They got us in their spot, but they've got to come here now," Maryland junior Lynetta Kizer said. "I think we'll be ready to go."



AP

Some things have changed in the five months since that game. Since then, the Hoyas have fallen 10 spots in the national rankings, landing at No. 21. Maryland climbed from No. 21 to No. 16.

But both teams still are young — there is but one senior between them. And both teams are coming

off of a convincing opening-round victory. Maryland beat St. Francis 70-48 behind 16 points from freshman Alyssa Thomas. Georgetown handled Princeton easily, 65-49. Sophomore Sugar Rodgers scored 26 to lead the Hoyas.



7 P.M.
Tue. | ESPN2



The winner could face top overall seed Connecticut, which drubbed Hartford on Sunday and faces No. 9 seed Purdue on Tuesday.

"It's tournament time, and they've [Maryland] gotten so much better since we've played them," said Georgetown coach Terri Williams-Flournoy. "It's really hard to look at a team and what they did in November because certain players step up and they run different offenses, so the only advantage that we have is we've played them before and our kids are confident because we did beat them the first time." DEREK TURNER

Harper Tweaks Ankle During Intrasquad Contest

The Nationals

Outfield mega-prospect Bryce Harper had to be removed on a cart from a minor league intrasquad game in Viera, Fla., after spraining his left ankle, according to a statement released by the Nationals on Monday. After an examination by the team's training staff, the team considers him "day-to-day."

Harper, the 18-year-old 2010 first overall pick widely regarded as the best prospect in baseball, also left a minor league game Saturday, a team source said. Harper's removal



Bryce Harper hit .389 with five RBI in his stint with the Nationals this spring.

al from that game is not believed to be related to the left ankle injury he suffered Monday.

A Nationals spokesman said Monday that Harper was trying to beat out a ground ball when he stepped awkwardly on first base. He left the game immediately.

He was 7 for 18 (.389) with five RBI this spring before being optioned to Class A on March 12. Harper did not play minor league baseball this past summer but hit .343 in nine games for Scottsdale of the Arizona Fall League.

(THE WASHINGTON [POST/AP])

TV Lineup

CAPITALS (7:30 P.M., VERSUS)

The Capitals will be without Alex Ovechkin when visiting the Philadelphia Flyers.

WIZARDS (10 P.M., CSN) The Wizards, fresh off a rare win, start a road trip out West against the Portland Trail Blazers.

WOMEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN)

Georgetown and Maryland play early on ESPN2, with the victor playing the winner of the Connecticut-Purdue game (on ESPN); then, West Virginia plays Baylor.

PRO HOOPS (8 P.M., 10:30 P.M., TNT)

The Chicago Bulls visit the Atlanta Hawks, and the Los Angeles Lakers host the Phoenix Suns.

NIT HOOPS (9 P.M., ESPN) Colorado takes on Kent State in the NIT quarterfinals.

Pearl Sinks: Tennessee has fired Bruce Pearl after a season that saw the coach charged with unethical conduct for lying to NCAA investigators during a probe into recruiting, according to a person with knowledge of the decision. In six seasons, Pearl, 51, led the Volunteers to their first No. 1 ranking in 2008 and their first NCAA Tournament regional finals appearance, missing out on a trip to the 2010 Final Four by a single point. (AP)

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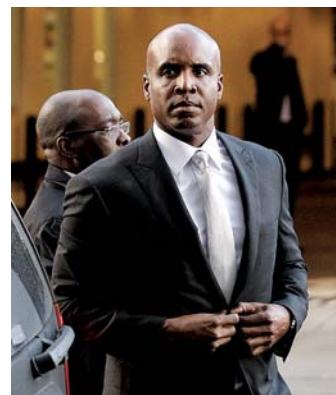
Bonds' Fame a Concern

Prospective jurors admit biases in case against MLB great

Pro Baseball

Some love Barry Bonds so much they can't be impartial. Others already believe he's guilty. A mother worries about the effect sports doping would have on her impressionable children. And so the laborious process of selecting a jury began Monday in the criminal case of USA v. Bonds.

More than three years after the all-time home run leader was charged with lying to a grand jury when he denied knowingly using performance-enhancing drugs, his trial got under way in San Francisco federal court. The judge and lawyers were attempting to win now about 100 prospective jurors



MARCIO JOSE SANCHEZ/AP

Home run king Barry Bonds arrives in federal court in San Francisco Monday.

into 12 jurors and four alternates for a case that could take up to four weeks.

"It's hard to make decisions about other people's lives," juror No. 9 told U.S. District Judge Susan Illston when asked whether he could be impartial. "It's the hardest thing we do," replied the judge, who has

sealed the prospective jurors' names until after the trial concludes.

One person was dismissed because of his allegiance to the San Francisco Giants. "I'm a Barry Bonds fan and I'm a huge SF Giants fan. It's my life. I don't know if I could judge Mr. Bonds after providing me with so much entertainment. It's an intimate relationship," prospective juror No. 22 wrote on a questionnaire.

Illston, who dismissed 38 prospective jurors with perceived biases, expects to have just enough people to fill the jury. Most of those who remained told the judge they could stay impartial, though several with strong impressions of the case still remained in the jury pool, taking direct questions from the judge.

"I would be reluctant to render a judgment against a great athlete like Bonds," juror No. 24 told Illston. PAUL ELIAS (AP)



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Guinea Pig | Power Poses

When you're standing on a single leg in tree pose, pumping a biceps curl with one arm and performing a triceps extension with the other, you don't feel very Zen. But you're sure to feel sore afterward. And that seems to be the point of celeb instructor Kristin McGee's "Yoga Tone" (\$15, Kristinmcgee.com). Twice, she takes you through a 15-minute weight circuit combined with yoga poses to force your core to work harder. It's a tad repetitive, but it's also effective.

League of Their Own

Running with a team may boost motivation, help your social life and lead you to victory

Exercise

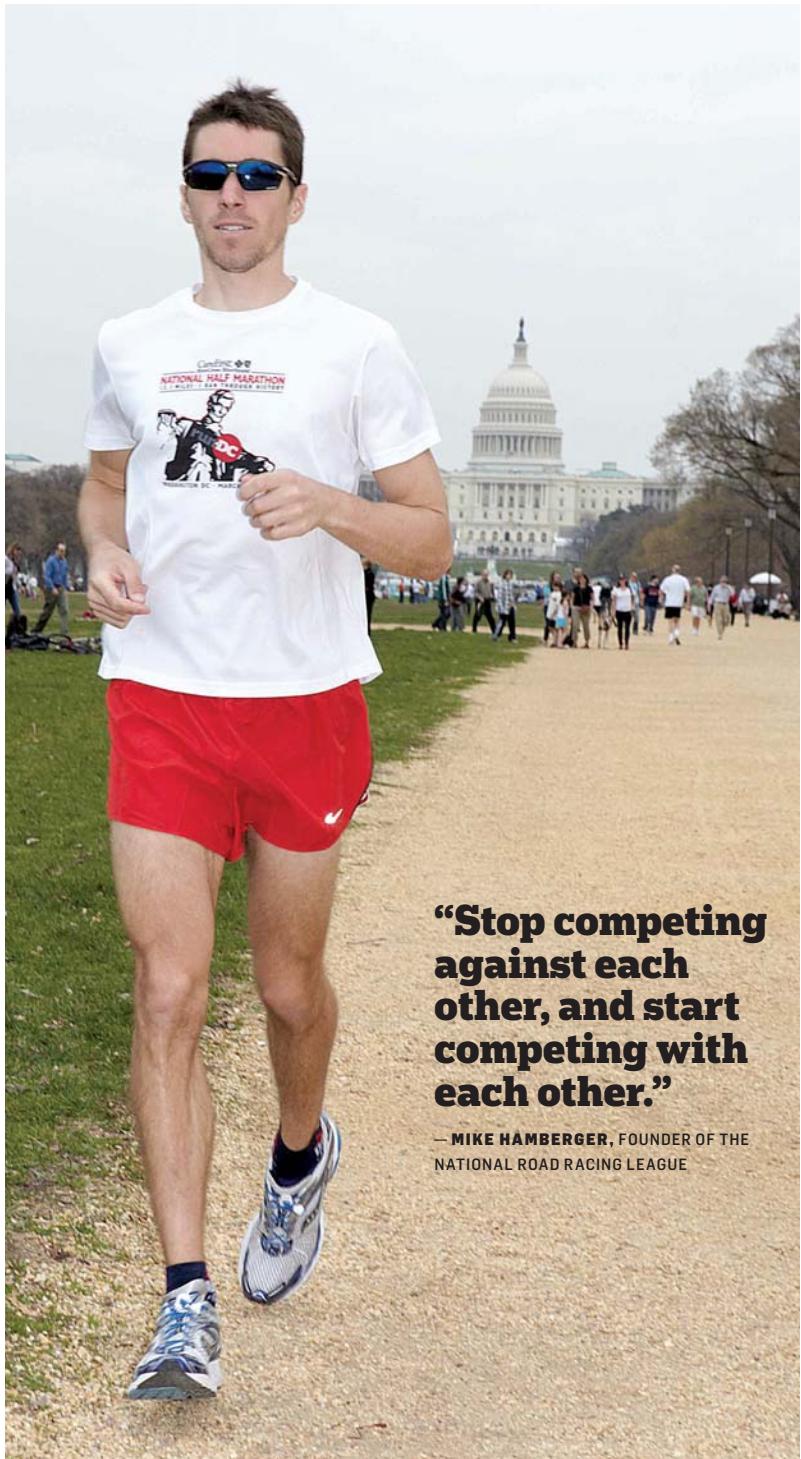
Most of the folks who pin on bibs and head to the starting line of a 5K know one thing: They're not going to win. Top prizes always go to the elites, so the best the masses can hope for is a new personal record. And that seemed like a bummer to 31-year-old running coach Mike Hamberger of Woodley Park.

So, he's decided to change the way things are being run. Next month, he's launching the National Road Racing League (Nrrl.org), which is essentially a cross-country program for adults. Instead of entering a race on your own, you'll register with a group of pals, in the hopes that you're collectively faster than the other teams. "Stop competing against each other, and start competing with each other," Hamberger says.

At the end of the eight-race season, which stretches from April to October, the entire team will take home the glory — along with a cash prize and a four-foot-high trophy.

Calling it "National" is ambitious, especially since he's starting with just D.C. and Delaware this year. But Hamberger hopes to eventually get local leagues going across the country and invite all of the division winners to an annual championship.

The league motto is "It's about time," which refers not just to the scoring system, but also the fact that Washington boasts leagues for nearly every sport imaginable except the most popular one. "Running is usually considered an individual sport, but anyone who's been on a high school or college team knows how important the team aspect is," says Ray Pugsley, co-owner of Potomac River



Mike Hamberger, pictured on the Mall, thinks running should become more of a team sport.

Just the FAQs

All runners in the D.C. area are welcome to participate. Men and women compete separately.

7-25

Team size: Although you can have up to 25 people on a team, only seven can be officially entered in each race. You must have at least five members finish each event.

\$400

Entry fee: This can be split among members of the team in any way they choose. Runners also need to pay entry fees for each of the races, although NRRL is attempting to get discounts for league members.

Scoring

Points: First place at a race is one point, and so forth. Teams will get their scores by tallying the points from their top five finishers. Each team gets one bye week.

Race Schedule

April 23: Stop the Silence 8K
May 14: 5th Annual Bulldog 5K
May 28: Alexandria Running Festival 5K
June 4: Chris Carter Memorial Twilight 5K
July 30: Friends of the W&OD 10K
Sept. 18: Kit's Miracle Mile (10K)
Oct. 2: Run for the Parks 10K
Oct. 16: Accumen Solutions' Race for a Cause 8K

Running (Potomacrivingrunning.com), a chain of local specialty stores and a race management company.

Although his stores have an informal team for events — and several big races offer team competitions — it's not at the level Pugsley remembers from his school days. "They're usually one and done," he says. There's no continuity in who's on the teams, and there's no one keeping score over a series of races. That's why Potomac River Running will be fielding an NRRL team of its own.

To sell the idea to other groups, Hamberger's been jogging alongside just about every running club in the region, visiting stores and contacting track coaches to find their local alumni. Last Thursday at Vida Fitness, he answered questions from gym members looking to form a team and found a responsive crew.

Dan Hunt, 38, has been running regularly for the past 10 years and hopes signing up will force him to push harder. "It gives you a goal to work towards instead of just logging miles," he says. As for Guillermo Saenz, 38, the team promises to make his solitary hobby a more social one. "Normally, I go to a race 15 minutes before and then leave right after I stretch," he says.

Hamberger hopes the league fulfills both needs — motivation and socializing — while providing another athletic outlet. "If you don't want to play softball or kickball, start a running team," he says. Even if you don't get the trophy, you're guaranteed to be in the running. **VICKY HALLETT (EXPRESS)**

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A Good Reason To Complain

Q My girlfriend is totally miserable in her job. So at a work reception, I made a comment to her much-liked co-worker about how stressed and miserable things sounded. The woman didn't know what I was talking about and said things have been slow lately. Now my girlfriend is angry because she thinks I made it sound like she can't handle her job. But that's true! She complains all the time! I say if she doesn't want me to even talk about it, then she shouldn't be complaining about it all the time. **ANNNOYED**

It sounds like there are two issues here masquerading as one. First, you feel like your girlfriend complains too much about her job and needs to buck up. Second, she feels like her venting should be kept private. Each of you, in theory, should be able to do your part to make this better. Have you been honest with her about your frustrations? She might see her complaining as a solution; perhaps it's a catharsis that she feels makes everything OK. You, however, see it as a symptom of a problem that needs to be fixed. Those are fundamentally at odds, but not if you can find a way to meet in the middle.



@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

What Happened in Vegas?

Q My boyfriend went to a bachelor party in Vegas three weeks ago, and something just seems off. I try to be trusting, but he spent way more money than he said he would, and he hasn't wanted to hang out around his friends in my presence ever since. We've talked about getting engaged, but I'm worried that something shady that could jeopardize our relationship went on. How can I talk to him about it without sounding like a nag? **TRROUBLED GIRLFRIEND, VA**

Make no mistake: Secret suspicions and stress themselves are jeopardizing your relationship — before any evidence of a lap dance gone sour enters into the equation. Marriage brings challenges scarier than this, so consider this conversation practice.

Tell him you love him and that you value openness and trust, and

that you feel like he hasn't been himself since he arrived back. Explain that you've been concerned not only about that, but that you're finding it hard to express your worries without sounding like a nag. Will it be fun, and is there a guarantee that he'll be honest? Certainly not, but you have to start somewhere.

Event Horizon

Crazy Week

Clear your schedule, and then clear it some more, because it's both DC Fit Week (through Friday; Dcfitweek.com) and SpaFinder Wellness Week (through Sunday; Bit.ly/spas4DC). The former is a chance to sample free classes in the region and download coupons for other exercise deals. The latter lets you book everything from massage treatments to boot camp membership packages at either half off or at a flat \$50 rate.

5 Ab-Exercise Upgrades

These new spins on old ab workouts work you harder, so you can build muscle faster, says strength specialist Jim Smith.

Around-the-World Plank

Replaces: Plank

How to do it: Place both feet on a bench, and assume a push-up position. Then, without dropping your hips or moving your feet, make a full revolution around the bench by "walking" your hands all the way around it. Do four revolutions, resting 60 seconds between each.

Benefit: The stabilizing muscles in your abs, upper and lower back, and shoulders work harder than they would in a traditional plank.

Anti-Rotation Crunch

Replaces: Crunch

How to do it: Attach a rope to the low pulley of a cable station and lie on your back alongside the stack. With both hands, hold the rope in front of your chest. Perform a crunch, arms locked and don't let your torso rotate (even though the cable pulls you sideways). Pause, and return to the starting position. Do 15 reps, switch sides and repeat. That's one set. Do another set of 12 and a final set of 10. Rest 45 seconds between sets.

Benefit: You're boosting the intensity and efficiency of a traditional crunch, and your abs have to work harder to prevent rotation.

Side Plank With Low-Cable Row

Replaces: Side plank

How to do it: Attach a handle to the low pulley of a cable station and lie on your side, facing the stack. Grab the handle with your top hand. Raise up into a side plank: knees straight, upper body propped on your elbow and forearm. Pull the handle to your rib cage; keep your hips pushed up and forward. Slowly extend your arm. Do 10 to 15 reps, switch sides and repeat. Do two more sets,

resting 60 seconds between sets.

Benefit: By engaging your lats, you increase torso stability and muscle endurance.

Back Extension With Alternating Dumbbell Row

Replaces: Back extension

How to do it: Holding a dumbbell in each hand, position yourself in a back-extension machine so your torso is parallel to the floor. Without rounding your back, row the dumbbell in your right hand toward your rib cage. Lower, then repeat on the left. That's one rep. Do three sets of eight reps, resting 60 seconds between sets.

Benefit: As your entire body works to stabilize your spine, you're hitting often-neglected muscles: spinal erectors, glutes and hamstrings.

Medicine-Ball Pike

Replaces: Swiss-ball pike

How to do it: Assume a push-up position with your feet on a medicine ball. Without bending your knees, roll the medicine ball toward your hands by raising your hips as high as you can and rolling the ball with your feet. Pause, and reverse back to the starting position without letting your hips sag. Complete three sets of 15 reps, resting 45 seconds between sets.

Benefit: You improve balance and engage your hip flexors and rectus abdominis — your six-pack muscles. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Basic, boring crunches aren't going to sculpt a six-pack like the one this guy is sporting.



Hotel Gym Built to Be Army Strong

Facilities

The Renaissance Arlington Capital View Hotel (2800 S. Potomac Ave., Arlington; 703-413-1300, Marriott.com), which opened two weeks ago in Crystal City, is designed around the theme of motion. Sculptures spin in the lobby, photos of dancers line the hallways, and, with Reagan National Airport less than a mile away, guests are bound to see planes soaring by. But what's most likely to inspire them to get moving is the fitness center.

At 2,000 square feet — or 3,000, if you include the indoor martini-shaker shaped pool — it dwarfs most other hotel gyms. "Nor-

mally, it's all squished together," says Denise Durgin, director of sales and marketing for the property. She can't help but think about how much space there is to do walking lunges in the open weight area, surrounded by a whopping 14 pieces of strength training equipment, racks of free weights, medicine balls, Bosu balls, mats and other accessories.

The cardio equipment is lined up along a wall of windows, so if you're on one of the eight treadmills, five ellipticals or three bikes, you can gaze out at the green roof and patio. (Or at the TV attached to each piece of equipment, all of which is top-of-the-line Precor.)

Why focus on making such a fab fitness cen-

ter? To lure in military guests with business at the Pentagon, explains Durgin, noting it's available to folks staying at both the Renaissance and the extended-stay Residence Inn next door. "This is a priority for them, and when they see it, their faces light up," she says.

So, naturally, last Tuesday morning, the two guys in there working up a sweat were 28-year-old Jeff Grigsby and 31-year-old Benson Elmore, who work for the Navy and Air Force, respectively. "This is way above every other gym here," says Grigsby, who estimates he's stayed at 25 D.C.-area hotels.

And it's not even crowded — yet.

VICKY HALLETT (EXPRESS)



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Skin Care

Sara Demelio's popular Combat-Ready Balm promises to make even soldiers' skin as soft as a baby's bottom.

So what can it do for an actual baby's bottom?

The Silver Spring resident and owner of Skincando (Skincando.com) had heard from moms who used the product to treat diaper rash and eczema, so she decided to make a formula just for little ones: Combat-Ready Balm, Magic Organic Potion for Babies and Kids (\$25 for 2 ounces).

She replaced black tea with chamomile in the mixture because of its skin-calming properties and decreased caffeine content. Otherwise, "it's the same formula that works, just tweaked a little bit," Demelio says.

The marshmallowy cream — made with coconut and apricot kernel oils; French lavender; and beeswax — turns to barely there oil on the skin.

"It's a go-to cream for every kind of itchy, ouchie, scratchy in the family," Demelio says.

Plus, it doesn't sting when applied to open wounds, because the lavender temporarily numbs. So you may even want to baby yourself. STEPHANIE KANOWITZ

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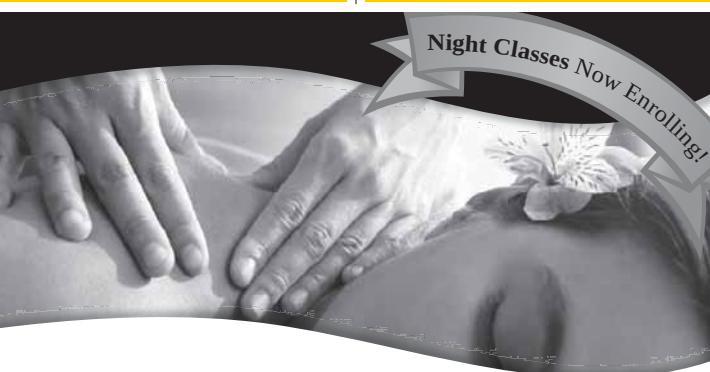
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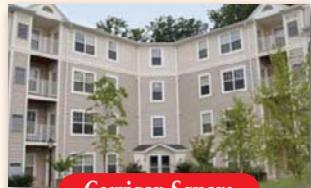
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Sound Bets



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creeps who were way more experienced in inner-city punk than my country-bumpkin self.

The first punk I saw in its entirety was Circle Jerks — also at Traxx in 1986 — and it was just as terrifying, especially when my stage-diving friend landed on singer Keith Morris' leg and tore the frontman's knee ligament.

Twenty-five years later, I know I won't be scared, but I am curious to see whether Morris, 55 (above, in sunglasses), still has a limp when his new group of old-guy-punk stars, OFF!, performs Thursday at Red Palace (1212 H St. NE; \$15, 8 p.m.). But unless these musicians dig into songs from their tenures in the groups Black Flag, Rocket From the Crypt, Red Kross and more, it won't be a long show: OFF!'s four EPs total 16 songs in about 16 minutes — the perfect length for a kid's first hardcore concert (or an aging punk's latest).



Comments? Give Christopher your feedback: expressnightout.com/soundbets



Lost in Space

Sammy Hagar claims to have experienced an alien abduction **37**



'RewardVille' is Zynga's latest in a line of rapidly growing, habit-forming, high-profit Web games

Online

Beware, if you're among the hordes who wonder where the time went after becoming absorbed in online games such as "FarmVille" and "CityVille." Zynga, the hot Internet start-up that created those ever-engrossing pastimes, is introducing another reason to goof off.

The lure this time is "RewardVille," a show of appreciation aimed at getting players even more absorbed in their online farms, cities, crime rings and poker games. The program unveiled a week ago doles out game points and credits that can be used to buy more

That's the fastest-growing media property in the history of the planet."

— LOU KERNER, SOCIAL MEDIA ANALYST WITH WEDBUSH MORGAN



By the Numbers

Since CEO Mark Pincus launched the San Francisco company in 2007, Zynga has attracted about 250 million game players — most of whom connect on Facebook's even larger Web hangout. Zynga's audience is somewhere between the population of the U.S. and Indonesia, the world's third- and fourth-most populous countries. (AP)

virtual goodies on Zynga's games.

It's the latest attempt to deepen people's attachment to Zynga's strangely addictive world at a time when attention spans are becoming more fickle.

Zynga's success in capturing people's free time so far has been remarkable — and profitable (an estimated \$529 million last year) according to the privately held company's executives.



Going Solo: Pearl Jam frontman Eddie Vedder's solo album, "Ukulele Songs," will arrive on May 31 in tandem with a live DVD titled "Water on the Road." Featuring a number of songs Vedder penned and played in concert — but never released — nearly a decade ago, "Ukulele Songs" also includes a uke version of Pearl Jam's 2002 track "Can't Keep." The concert DVD captures Vedder playing a variety of songs at a pair of 2008 solo shows in Washington. (AP)

Charity

Power in Population

Zynga makes most of its money through the sale of virtual items in its games, with the rest from advertising and partnerships with companies such as Netflix or Vistaprint. In an example of how quickly the company can drum up money, Zynga recently raised \$1 million in 36 hours for Save the Children's Japan charity. The donations for earthquake victims came through special virtual items that Zynga created for the cause. That amount has since grown to \$1.5 million. (AP)

Its games are simple, but getting ahead requires time and dedication. In "CityVille," for example, players start with a simple plot of land, roads and buildings. They can add businesses, farms and landmarks through lots of faithful dragging and clicking of the mouse. They can invite friends to play and send them virtual gifts.

All games are free to play, but players can pay real money — a few coins or dollars at a time — to buy special items or reach a higher level of play more quickly.

Zynga has grown so fast that it already has 1,500 employees and is moving into larger headquarters, which can accommodate several hundred more workers.

Recently, "CityVille" demonstrated Zynga's drawing power by attracting 100 million players in the first seven weeks after its December introduction.

"That's the fastest-growing media property in the history of the planet," said social media analyst Lou Kerner of Wedbush Morgan.

BARBARA ORTUTAY (AP)

lookout expressnightout.com

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

top
stops



1 Comedy Of Manners

Oscar Wilde pinpointed the ridiculousness of his time, but his work is somehow disturbingly modern, too. His play "An Ideal Husband" (starring Emily Raymond, left) is about a politician and his wife, who has high moral standards for her husband. IT'S A METAPHOR FOR THE MEDIA AND THE PRESIDENCY! Ahem. What? *Shakespeare Theatre, 610 F St. NW; through April 16; 202-547-1122, Shakespearetheatre.org. (Gallery Place)*

2 Family Ties

Going into your parent's profession is fraught with risks, but if you're actually performing a concert with your mother, then you're clearly pretty comfortable with it. Virtuoso pianist Jonathan Biss and his mother, violinist Miriam Fried, will perform a program of Beethoven's greatest hits (they're probably not called that in classical music, but we don't care) tonight. *Kennedy Center, 2700 F St. NW; 7:30 p.m., \$32; 202-467-4600, Kennedy-center.org. (Foggy Bottom)*



3 Melodic Diversity

Rooted in gypsy-burlesque traditions, the music of DeVotchKa, shown above, branches out in so many directions that it's difficult to categorize. From bluegrass to rock to sea chanteys to Morricone's movie scores, you can hear a little bit of everything in here, but it never sounds unfocused. It's intense and exciting, with a lonely edge to it. You know, metaphorically. *9:30 Club, 815 V St. NW; 7 p.m., \$22.50; 202-265-0930, 930.com. (U St.-Cardozo)*

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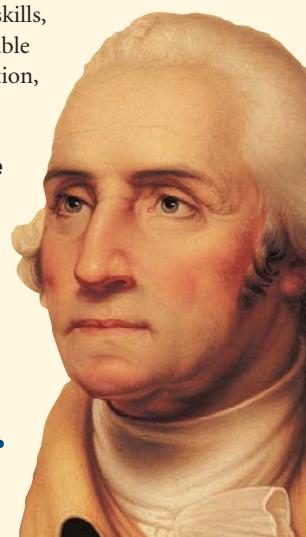
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For Duran Duran, 'Now' Is More Than

The '80s pop stars revisit an old sound on their latest record

Album Review

When producer Mark Ronson began working with Duran Duran on "All You Need Is Now," he reportedly challenged the '80s pop veterans to revisit the sound of their formative musical years and conjure up a follow-up to the band's 1982 hit-spawning album, "Rio."

And on most of the new album's 14 tracks, the musical DNA of the British group's early sound is hard to miss.



**All You
Need Is
Now**
Duran Duran

This gives "All You Need Is Now" a familiar quality, like you've heard some of this music before. A rhythm here, a vocal melody there.

On the funky "Girl Panic!," the percussion recalls the group's classic "The Reflex," while on the moody ballad "Leave a Light On," the synths may bring to mind another seminal Duran Duran song, "Save a Prayer."

Duran Duran appeared to try to cover up its musical tendencies



Frontman Simon LeBon turns back the clock on Duran Duran's new CD.

in its prior studio effort, 2007's "Red Carpet Massacre," enlisting contemporary pop music heavyweights Timbaland and Justin Timberlake.

By comparison, "All You Need Is Now" is less preoccupied with dressing up Duran Duran's sound in new threads than in dusting off the old garb that made frontman Simon LeBon, keyboardist Nick Rhodes, drummer Roger Taylor and bassist John Taylor pop superstars 30 years ago.

The album overflows with Duran Duran's other sonic staples: Lush synths layered over driving bass lines; disco-inspired percussion, frequently accented with Latin

beats; and the high-flying, moody vocals and harmonies.

On the title track, a fuzzed-out drone builds to a sing-along friendly chorus: "And you sway in the moon the way you did when you were younger/And we told everybody all you need is now."

Duran Duran kicks in the New Wave in "Being Followed," in which LeBon sings "I'm not alone/Being followed/Someone always watching what we do/Never alone/But I'm in the shadows/I dream things I don't want you to know."

The band also dials up old-school disco and funk on the dance-floor-ready "Safe (In the Heat of the Moment)." **ALEX VEIGA (AP)**

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lookout entertainment



In the Blue Man Group's touring show, the characters encounter a changing world.

Blue Man Goes Back to Its Roots

The artsy spectacle plans a national tour of intimate theaters

Stage

Today, the spectacle of three grease-painted men in space-age getups thumping on drums has more in common with laser light shows — or even Lady Gaga — than high culture. But in 1991, it was precisely in the name of art that the Blue Man Group took up residence off-Broadway in New York's Astor Place Theatre.

Blue Man was always an esoteric undertaking, says Phil Stanton, a co-founder. It was artsy young New Yorkers, after all — Stanton, fellow actor Chris Wink and Wink's childhood friend Matt Goldman — who first roamed the streets slathered in bright blue greasepaint just to get a rise out of famously blasé New Yorkers.

"I wouldn't call it performances," Stanton says from New York,

where the group now helms a mini-empire, including a charter school. But the label "performance artists" seemed to fit, and the group certainly had magnetism, first winning the run at Astor Place and quickly exploding into today's global phenomenon/tourist trap of splashing paint, twinkling Lite-Brite sets and raging rock scores.

Twenty years after that first big break, the Blue Man Group is getting back to its roots. This winter, the silent cerulean wonder is on a national tour that forgoes big arenas in favor of stops at theaters.

In the new show, the Blue Men will encounter a changing world with innocence and a healthy dose of curiosity. "The idea that led to Blue Man," Stanton says, "was that we wanted to get at what it was to be humans, to be fully creative." **LAVANYA RAMANATHAN (THE WASHINGTON POST)**

● **Warner Theatre, 513 13th St. NW; Wed. through April 3, various times, \$32-\$92; 202-783-4000, Warnertheatre.com. (Metro Center)**



Return to the Shire

Cameras started rolling Monday on director Peter Jackson's "The Hobbit" (starring Martin Freeman as Bilbo Baggins, pictured), after months of delays on the prequel to his Oscar-winning "Lord of the Rings" trilogy. Hollywood studio funding problems, a threatened actors boycott and ulcer surgery for Jackson had previously plagued pre-production of the \$500 million, two-movie project. (AP)

TV tonight lookout

Food's 'Quantum' Leap

A 'Top Chef' alumnus mixes science with cuisine in a new show

Cooking

SYFY 10:00 As far as reality-show villains go, wildly talented "Top Chef" and "Top Chef: All Stars" alum Marcel Vigneron didn't come close to the level of Evil Russell of "Survivor" or, to go way back, Omarosa from "The Apprentice." Still, he clashed with fellow contestants, polarized viewers and made headlines for being the contestant "everyone loves to hate."

Plus, he's easy on the eyes — and that, television viewers, is the kind of person who gets his own reality show.

As a result, we get "Marcel's Quantum Kitchen," a new cooking series on Syfy that attempts to justify the fact that it's on a science-fiction-themed channel by using molecule-shaped anima-



Marcel Vigneron, right, (with Jarrid Masse) is an expert in molecular gastronomy.

tion, helpful graphics that count milliliters of liquid and the word "quantum" in the title. In reality, the show winds up being like any other frantically paced, personality-driven cooking show on any other network. Though Marcel points out in the beginning that he's a molecular gastronomist, which means he incorporates science into all of his cooking. Well played, Marcel, well played.

But, really, don't we just want to be entertained? Quibbles with the channel aside, the series proves to be a dynamic hour of television. The producers avoid manufacturing drama — say, by fixating on Marcel's egomaniacal tendencies — and instead focus on the most fascinating aspects of the chef's new day job as the owner of a catering company.

EMILY YAHR (THE WASHINGTON POST)

Best Bets

ABC 8:00

No Ordinary Family Danger, Will Robinson — er, Jim Powell! In this new episode, Mrs. X (Lucy Lawless) dispatches a supervillain with animal-like powers to take out the family. Daphne ditches school with Chris to attend a music video shoot featuring singer Sara Bareilles.

CBS 8:00

NCIS Vance orders Gibbs (Mark Harmon, pictured) to question a troubled teen who's accused of killing his father, a retired Marine. The assignment not only puts Gibbs' interrogation skills to the test but also has him questioning the director's motives.

PBS 9:00

Frontline Oscar-winning filmmaker John Zaritsky explores whether we have the right to end our lives in the last stages of painful terminal illness, or whether life becomes unbearable for other reasons.

FX 10:00

Lights Out No matter how far you've fallen, there's always someone worse off than you. That's the lesson Lights (Holt McCallany, pictured) learns in this new episode, as he meets and tries to help a punch-drunk and destitute former champion even as his own future is threatened. (TRIBUNE MEDIA)

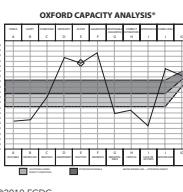
Reality



Down on the Farm

New Yorkers-turned-farmers Brent Ridge, left, and Josh Kilmer-Purcell, right, return for the second season of "The Fabulous Beekman Boys" (10 p.m., Planet Green). Josh has to go back to Manhattan and toil 80 hours a week in advertising to support the couple's bucolic 19th-century farmstead. Meanwhile, the hyper-organized Brent establishes a goal that will enable Josh to join him full time. (UNITED FEATURE SYNDICATE)

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53%

47%

— NO — YES —

"Since when does policing a no-fly zone involve bombing targets?"

COMMENTER WTF?

"I'm against intervening in Libya, because it isn't our fight, but I like the fact that at least we are going in with allies."

COMMENTER PHILIMUS

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Blog Log



"Each year the cry goes up [...] debating whether the walk and spectacle are good times or just plain old exploitation and humiliation of the amazing beasts. Well, in my mind, sequins and studded harnesses should generally be reserved for drag queens, but the memories of youthful visits to the circus give me enough pleasure to be able to enjoy the event rather than vehemently disdain it."

— **THEHILLISHOME.COM** IS LOOKING FORWARD TO TUESDAY'S D.C. ELEPHANT WALK PUT ON BY THE RINGLING BROS. AND BARNUM & BAILEY CIRCUS.



"Needless to say, there were a few lumps in the throat for those final few scenes. As uneven as the last couple of seasons were, the ending was about as perfect as anyone could ask for."

— **MARQUEE.BLOGS.CNN.COM** WAS SATISFIED WITH THE FINAL PLOT TWIST IN THE SERIES FINALE OF "BIG LOVE" ON HBO SUNDAY NIGHT.

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puzzles lookout

Horoscope

ARIES (March 21-April 19) A friend can help you reconnect with yourself and your primary objectives at this time. Today's decisions may determine a great deal.

TAURUS (April 20-May 20) You have your doubts, but there is inner strength that can see you through even a potentially difficult day.

GEMINI (May 21-June 20) A gift comes to you through unfamiliar channels; as a result, you'll be ready to see things from an alternative point of view.

CANCER (June 21-July 22) A question of need takes precedence over any determination of ease or expedience. Do what must be done; don't settle for less.

LEO (July 23-Aug. 22) It may be time for you to change methods. Explore options, but be ready to jump at a chance that comes very much by surprise.

VIRGO (Aug. 23-Sept. 22) Others will notice a shift in your thinking that you may not be aware of — yet. You'll play the role of catalyst in some way.

LIBRA (Sept. 23-Oct. 22) Your skills may not be as well honed as they will be, but you can still enjoy the fruits of your labors on a limited basis.

SCORPIO (Oct. 23-Nov. 21) Though you may be asked to fill in for someone else, there's no need for you to take over altogether. Keep things as they have been.

SAGITTARIUS (Nov. 22-Dec. 21) You can learn from someone else's example. Focus on doing that which comes naturally but that also yields results.

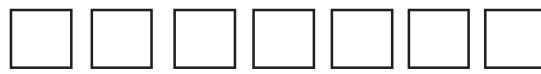
CAPRICORN (Dec. 22-Jan. 19) You won't be able to avoid all comparisons, but you can fare quite well if you stick to what you know best.

AQUARIUS (Jan. 20-Feb. 18) A rival has you doubting yourself for a while, but later on you'll realize that you've been on the right track all along.

PISCES (Feb. 19-March 20) Talk to those who have been there, done that before you make any lasting decisions. All information is good information.

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 217



2nd Letter Double



Triple Word Score



Yesterday's Solution

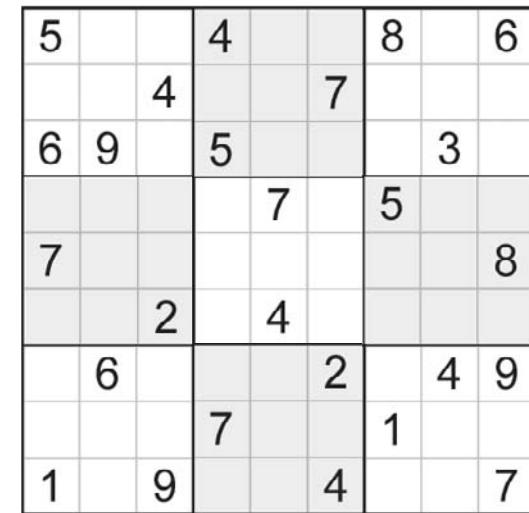
P ₃	I ₁	T ₁	E ₁	O ₁	U ₁	S ₁	RACK 1 = 68
M ₃	O ₁	U ₁	S ₁	I ₁	E ₁	R ₁	RACK 2 = 61
C ₃	I ₁	C ₃	A ₁	D ₂	A ₁		RACK 3 = 11
A ₁	R ₁	T ₁	W ₁	O ₁	R ₁	K ₆	RACK 4 = 64
							TOTAL 204
PAR SCORE 145-155							

FOUR RACK TOTAL

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Sudoku

MEDIUM



Yesterday's Solution

4	8	6	9	3	2	7	5	1
7	9	1	5	8	4	2	6	3
2	5	3	6	1	7	9	8	4
9	4	2	1	7	6	5	3	8
6	3	8	2	9	5	1	4	7
1	7	5	8	4	3	6	9	2
3	1	9	7	6	8	4	2	5
8	2	7	4	5	9	3	1	6
5	6	4	3	2	1	8	7	9

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

64 | 45

Today: Some sunshine giving way to clouds today. Periods of rain tonight.

62 | 52

Tomorrow: A couple of thunderstorms tomorrow. A passing shower tomorrow night.

Looking Ahead



63 | 36 54 | 37 53 | 36

Sun and Moon	Almanac
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Sunset today: 7:22 p.m.	Record high: 89
Moonrise today: 11:26 p.m.	Normal low: 39
Moonset today: 8:35 a.m.	Record low: 10

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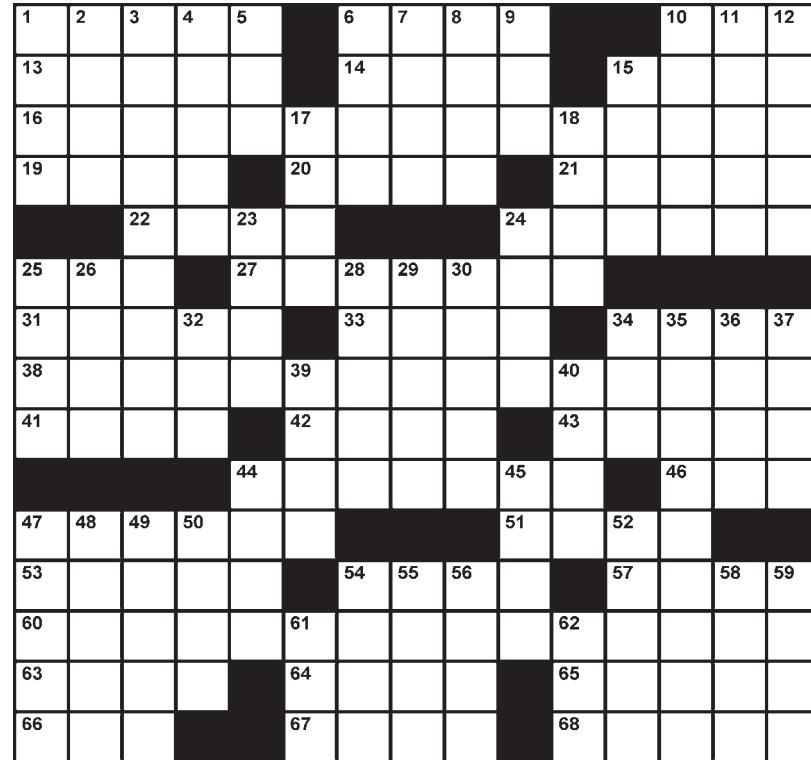
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Crossword

BIG FAKE

ACROSS

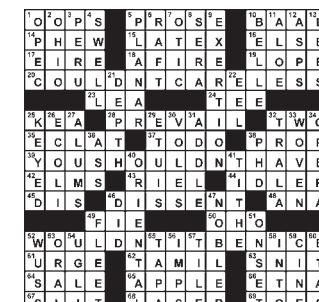
- 1 Balance sheet entry
6 Gem from Australia
10 Pie hole
13 Stop
14 Motive starter?
15 "Will be," in a Doris Day song
16 Margarine, e.g.
19 Chow down, more formally
20 Bygone days
21 Hotel upgrade
22 Mouse catcher
24 Thicker-witted
25 Fare for the toothless
27 Resembling Castro, in a way
31 Send over the moon
33 Disinfectant victim
34 Fuel cartel acronym
38 Illegal tender
41 Salmon that has spawned
42 Floral gifts
43 "The Hobbit" hero
44 Botswana flies
46 Brief rage
47 Pile up, as interest
51 Area that may have stained-glass windows
53 One trying to win a hand?
54 Person with a vision
57 Roll an untimely seven (with "out")
60 AstroTurf, e.g.
63 Razor-sharp
64 "The War of the Worlds" world
65 Breastplate of Athena
66 Beginning of summer?
67 Cobra, to a mongoose
68 Sign of hard work



EDITED BY TIMOTHY E. PARKER

- 7 Like church mice?
8 An embarrassing problem to face?
9 Arcing toss
10 Himalayan creatures, supposedly
11 Sharp, narrow mountain ridge
12 Kitchen tool
15 Surprise greatly
17 Texters do it
18 Took out of the box
23 Help, in a bad way
24 She played Molly in "Ghost"
25 Quick kiss
26 Soothing stuff
28 Be in accord
29 Install to new specifications
30 Become decent?
32 Wile E. Coyote purchase
34 Geisha's girder
35 Robber's deed
36 Temporary home for Napoleon
37 Wad of earth
39 Otherwise
40 1/2 fluid oz.
44 Tough guy's territory
45 Rank below marquis
47 Out of the sack
48 Apple throwaways
49 Homing pigeons' homes
50 Bridle strap
52 Carpentry fastener
54 Appendectomy evidence
55 Land of shamrocks
- 56 "Don't get too excited, now!"
58 One of the five Olympic rings
59 "Hey, over here!"
61 Bratty little kid
62 You get it to go

Yesterday's Solution



Today in History

1765 Britain enacts the Stamp Act of 1765 to raise money from the American colonies.

1882 President Chester Alan Arthur signs a measure outlawing polygamy.

1978 Karl Wallenda, 73, patriarch of the Flying Wallendas high-wire act, falls to his death while attempting to walk a cable in San Juan, Puerto Rico.

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WISDOM

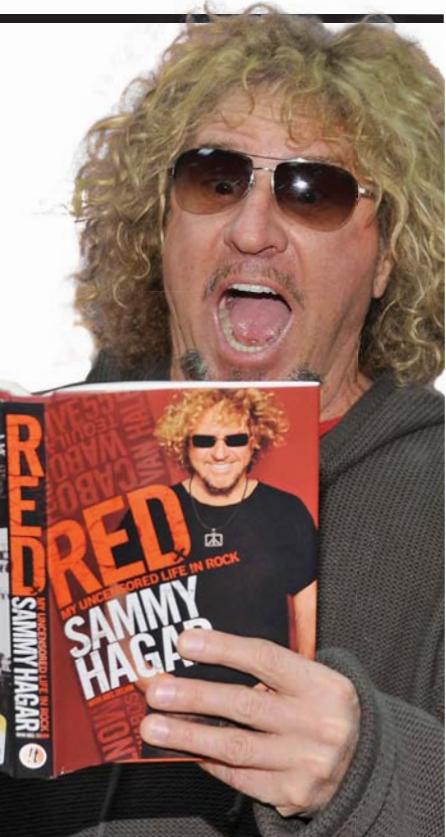
Father Confirms That Charlie Sheen Really Is 5

Martin Sheen told the U.K.'s Telegraph newspaper that his son Charlie Sheen, 45, is emotionally still a child due to drug addiction. "When you're addicted, you don't grow emotionally. So when you get clean and sober, you're starting at the moment you started using drugs or alcohol," he explained. "You're emotionally crippled." (EXPRESS)

SAVIORS

Unimpressed Aliens Don't Colonize Earth

Sammy Hagar, former lead singer of Van Halen, told MTV that he was abducted by aliens. In an interview with Mtvhive.com to promote his new book, "Red: My Uncensored Life in Rock," Hagar described the incident as "a download situation." "Aliens were plugged into me," he said. "They were tapped into my brain and the knowledge was transferred back and forth." He also mentioned seeing a "car without wheels" floating across a field when he was 4 years old. He threw "rocks and [expletive] at it." (EXPRESS)



LANGUAGE

Fans of Miley Rejoice; Fans of Punctuation Grieve

Miley Cyrus, who swore off Twitter last year, is now tweeting via her record label. "This is my new way to connect. When I need to speak out I will tweet from @Rock_Mafia ROCK MAFIA FOREVER. x MC," she wrote Sunday. Miley "will tweet from here till we convince her to make a new account!!!!" Rock Mafia added. E! confirmed that "MC" is indeed Cyrus. (EXPRESS)



THE WIRE/GETTY IMAGES

Can you find Miley Cyrus in this picture?
Hint: She might be in the foreground.

Victims

Charlie Sheen Has Found His Opening Act

Randy Quaid has turned his fear of what he calls "Star Whackers"—aka people out to kill celebrities—into a song. Quaid and his band, the Fugitives, performed the work in Vancouver, British Columbia, on Friday. "On the Rebecca Black 'Friday'-o-meter of pop awfulness, this barked, tuneless, allegedly comic blast" scored a 9.3, a Canadian music critic wrote. (EXPRESS)



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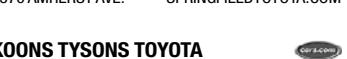
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